



Pre-Surgery Physical Therapy Exercises

Please Note:

- All exercises below are appropriate for pre-operative preparation for hip preservation surgery.
 - Sets and repetitions are based on low-intensity guidelines.
 - Perform the exercises in a pain-free range as tolerated.
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Lower Extremity Stretching

These stretches are safe to perform prior to surgery within a pain-free range.

Hamstring Stretch with Towel/Strap

While lying down on your back, hook a towel or strap under your foot and gently pull your leg until you feel a stretch along the backside of your leg. Ensure the opposite knee is bent, and the leg being stretched is straight.

- *Sets/Reps:* 3 sets, 30-second hold, 1-2x/day





Single Knee to Chest Stretch

While lying on your back, gently pull your knee toward your chest. Keep the opposite knee bent.

- *Sets/Reps:* 3 sets, 30-second hold, 1-2x/day



Piriformis Stretch

While lying on your back, hold your knee with one hand and your ankle with the other. Pull your leg up and across toward the opposite shoulder as shown.

- *Sets/Reps:* 3 sets, 30-second hold, 1-2x/day

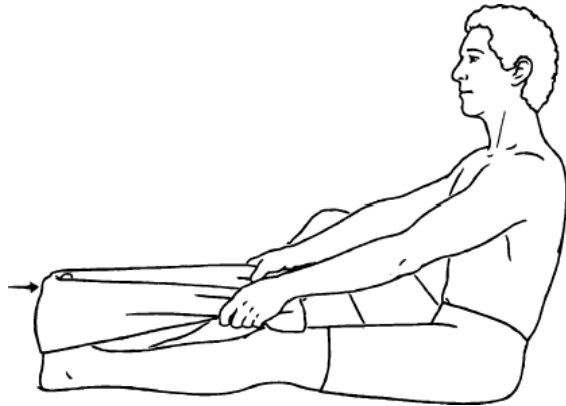




Calf Stretch with Towel (Gastrocnemius)

While seated, place a towel around the ball of your foot and pull your ankle back until a stretch is felt in your calf. Keep your knee straight during the stretch.

- *Sets/Reps:* 3 sets, 30-second hold, 1-2x/day



Knee/Hip/Core Strengthening

These strengthening exercises are safe to perform before hip surgery in a pain-free range.

Abdominal Bracing

Lying on your back with your knees bent, draw in your belly button as if tightening your core. Flatten or press your back into the bed or surface.

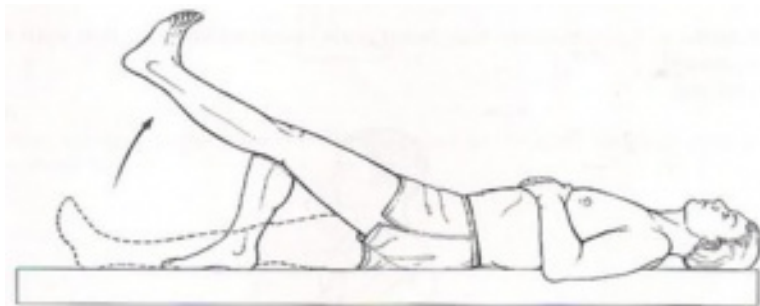
- *Sets/Reps:* 2 sets, 10 repetitions with 10-second hold, 1-2x/day



Straight Leg Raise (SLR)

While lying on your back, lift your leg with a straight knee. Keep the opposite knee bent.

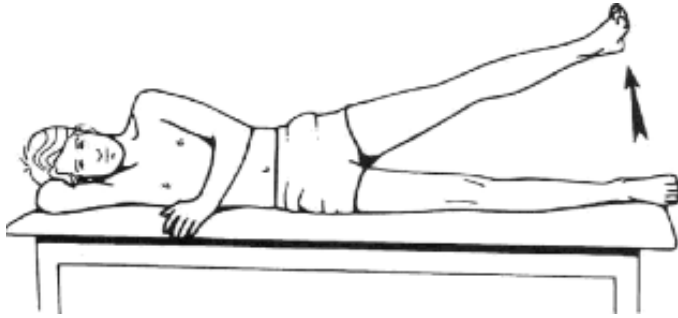
- *Sets/Reps:* 2 sets, 10 repetitions, 1-2x/day



Straight Leg Raise Abduction

Lying on your side, raise the top leg toward the ceiling without letting the top hip roll backward. Keep your body straight.

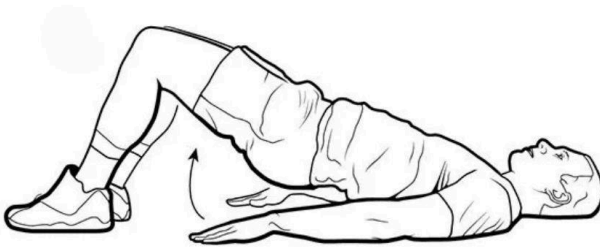
- *Sets/Reps:* 2 sets, 10 repetitions, 1-2x/day



Bridging

Lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks, and lift your hips off the floor to create a "bridge."

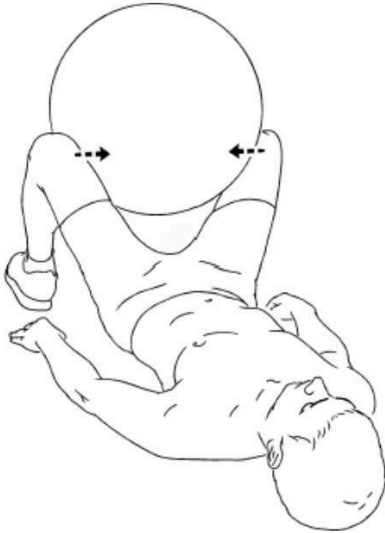
- *Sets/Reps:* 2 sets, 10 repetitions with 3-second hold, 1-2x/day



Hip Adduction Squeeze (Supine)

Place a rolled towel, ball, or pillow between your knees and press your knees together, squeezing the object.

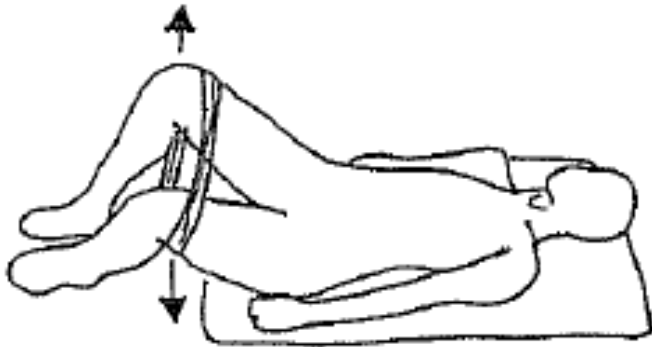
- *Sets/Reps:* 2 sets, 10 repetitions with 10-second hold, 1-2x/day



Supine Hip Abduction (Clamshell)

Lying on your back with knees bent, engage your core and draw your knees apart.

- *Sets/Reps:* 2 sets, 10 repetitions, 1-2x/day



Long Arc Quad

While seated with your knee bent, slowly straighten your knee as you lift your foot upwards.

- *Sets/Reps:* 2 sets, 10 repetitions, 1-2x/day



Website Reference:

Visit us at www.HipPreservation.org for more information on pre- and post-operative care and exercise protocols.